

Making Good Choices

Feelings & Emotions, Choosing Friends and being Home Alone

Everyone is faced with choices every single day. Some are small. Some are big. Some are hard. Some are easy. All choices have outcomes, whether positive or negative. That is why it is so important to make good choices in all things you do daily. Choices can have lasting effects which continue far into the future. **For example: If you choose to study for school test, you make better grades which help you in the future with getting into college or getting a good paying job.** There are many things that can affect the choices we make. Sometimes we have control over them and sometimes we may not. Some affects we have no control over are things like the weather or natural disasters or a death in the family. These are things that can affect our choice, but we have no control over. Let us look at choices we do have control over and how to make the best choice we can when confronted with certain situations.

Feelings & Emotions

What are feelings and emotions? Nobody can help having feelings - they are part of everyone. We feel different things all day long as different things happen to us. Sometimes we feel sad like when someone we love goes away. Sometimes we feel happy like when we are having fun playing. Sometimes we feel scared, angry, guilty, lonely or any of the many human emotions that exist. **It is important not to be ashamed of having feelings. Everyone has them - good and bad.** What matters is what we do about our feelings. We can all learn to show our feelings in ways that are helpful to us and to others, not ways that are hurtful. Understanding what causes our feelings and emotions can a lot of times make it easier to decide what to do with them.



When we are feeling a strong emotion, it is because chemicals are released into our brains. These can make us feel happy, sad, angry etc. What makes you feel the way you do?

The changes that happen in your body are caused by:

- **what has happened before in your life.** For example: maybe you felt sad that someone would not let you play his/her game and so you feel too sad to ask anyone else to let you play.
- **how you feel about yourself** - do you usually feel good or bad about yourself?
- **what you do about handling strong emotions** - have you learned ways to be the boss of your emotions?
- **do you know how to help yourself feel better?**

Match the Feelings

Write the letter of the correct feeling next to each emoji face.

Created on TheTeachersCorner.net Match-up Maker

1.  a. Angry

2.  b. Confused

3.  c. Happy

4.  d. Shy

5.  e. Disgusted

6.  f. Tired/Exhausted

7.  g. Curious/Inquisitive

8.  h. Surprised

9.  i. Worried

10.  j. Scared

11.  k. Sick

12.  l. Amused

Words of Expression

By expressing how you are feeling, you can prevent unnecessary arguments, fights, and/or unpleasant situations. So how do you let your family, friends, teachers, etc. know how you are feeling? What emotion are you experiencing? If you are having trouble, here are some words that you can cut out and keep with you to help you express verbally how you are feeling.

HAPPINESS

JOY DELIGHTED
LOVE GRATITUDE
EXCITED THRILLED
HAPPY SURPRISED

SADNESS

GRIEF GUILT
HOPELESS REGRET
DEPRESSED DISCOURAGED
SAD DISAPPOINTED

ANGER

UPSET ANGRY
JEALOUS DISGUSTED
IRRITATED FRUSTRATED
FURIOUS EXASPERATED

LONLINESS

ABANDONED REJECTD
NEGLECTED EXCLUDED
ISOLATED LONELY
AWKWARD EMPTY

FEAR

PANICKY AFRAID
VULNERABLE WORRIED
OVERWHELMED ANXIOUS
HORRIFIED TERRIFIED

HURT

DEVASTATED EMBARRASSED
HUMILIATED MISTREATED
CRITICIZED WOUNDED
JUDGED SHAMED

Choosing Friends

Forming friendships is natural. As human beings, we want to be around others and we function better when we can connect with others. This is why friends are so important, but also why they can be so dangerous. Our need to have friends can sometimes affect our decision making skills by outweighing our better judgement. We make careless decisions and then must suffer the consequences from those decisions. Friends have a lot of power over how we act and how we think, and this is exactly why we must be so careful with whom we accept as close friends.



Everyone has been introduced to something new by one of his/her friends. Just think of the games you play or the clothes you like or even the way you speak-e.g special lingo. There is nothing wrong with friends introducing you to new new positive and

healthy things. That is part of the positive sides of friendship and growing up. The problem begins when we become friends with people who bring negative influences into our life. Because we consider them friends, their opinions have more value and as a result are more likely to affect us. We excuse making bad decisions by saying we are just being a good friend.



Surround yourself with those you wish to be like, and some of their positive attitudes and habits will rub off on you. If you wanted to become good at basketball you would surround yourself with people who were good at basketball



rather than those who would encourage you to quit, so then of course you'd become better. Well it works the exact same way with becoming a better person. **You have the choice of who you become friends with, so choose wisely. It will influence you more than you may think!**

One good way of choosing friends is the way we think and act. When you feel **positive** and are **friendly** and **happy**, then you will attract other **positive** people. When you feel really negative, sad, angry and want to hurt people, then you will find that you attract other people who are sad and angry (or you may find yourself alone a lot).



QUALITIES OF A GREAT FRIEND



Friendship is a gift that we choose to give to others and hopefully you do wisely; but it is something we must also treat with care and respect in return. Give it your best at unscrambling the words below. Each word represents a quality you should seek in others for friendships and qualities you should try your best to offer. There is a word bank below to help if you find you might be struggling.

1. oingEgncaur _____
2. raveB _____
3. ngCiar _____
4. otluuhThgf _____
5. stTru _____
6. Kndi _____
7. Pteinaec _____
8. Lnvoig _____
9. ecsRtep _____
10. Lyola _____
11. ypaHp _____
12. tsneHo _____
13. yuFnn _____

Home Alone

Before a parent considers leaving their child without supervision, they should be sure that child or children are reasonably mature, able to take care of themselves, and completely prepared for emergency situations. Being home



alone for a short period of time may not always be an ideal situation and can even be scary sometimes, but the key words to remember are: **SAFETY FIRST & RESPONSIBILITY!** Your parent should make sure that the you are ready to be home alone by evaluating (to look at) your level of maturity.

After determining if you are ready to be left home alone, there are certain ways both of you can prepare for this occasion. Your parent should **teach you several important lessons** before the first time you can stay home alone. These lessons may help you to feel more confident about spending some time home alone. By parents spending this time preparing their children for the increased responsibility of being home alone, it also **helps them feel more comfortable with helping their children gain some independence.**

One thing that you should always remember is to use your brain when you make choices while home alone! Choices like whether you should have friends over. As we learned earlier that sometimes we value our friend's opinions and what they think so much that we make bad decisions. This can lead to situations that result in injuries that your parents become responsible for even though they did not cause the injuries.

Her are 5 basic lessons everyone should know when they are home alone.

1. What to Do in Case of a Fire?



- Have a fire drill and practice different escape routes?
- Prohibit your child from using the stove while you are away from home
- Keep all matches, lighters and other flammable products locked in a cabinet that your child cannot access.

2. Who to Call and What to Say in Case of an Emergency?



- Place emergency phone numbers by the phone
- Practice using the phone
- You should also know where your parents are and how to contact them at any time

3. How to Deal with Strangers



- How to respond if someone calls
- You should never tell anyone on the phone that you are home alone
- How to lock and unlock the doors and windows
- What to do if he or she hears someone trying to break into the home

4. The Basics of First Aid



- Teach him or her how to use it
- Teach your child some basic first aid procedures
- Dangerous medication should be stored out of the reach

5. What the Child Can and Cannot do When Home Alone



- Set rules around issues such as eating snacks, watching TV, playing on the computer, doing homework, or **HAVING FRIENDS OVER**
- No friends should be over without expressed permission from parents
- Know what to do if he or she gets locked out

The following page can be filled out and pinned to the fridge or put somewhere that you can access easily.



HOME ALONE

CHECKLIST FOR KIDS

SAFETY CHECKLIST

1. LOCK ALL DOORS
2. CALL PARENT TO LET THEM KNOW YOU ARE HOME
3. DO NOT LEAVE THE HOUSE
4. DO NOT OPEN THE DOOR
5. DO NOT TELL ANYONE YOU ARE HOME ALONE
6. KNOW WHERE THE FIRST AID KIT IS
7. RESPECT THE RULES OF THE HOUSE

CHORES TO DO:

- FINISH HOMEWORK
- MAKE A SNACK (APPROVED ITEMS ONLY)
- DO YOUR CHORES
- AFTER YOU FINISH HOMEWORK & CHORES DO SOMETHING FUN
- _____
- _____

EMERGENCY CONTACTS

PARENTS NAME _____

WORK # _____

CELL # _____

PARENTS NAME _____

WORK # _____

CELL # _____

NEIGHBOR'S NAME _____

CELL # _____

RELATIVE'S NAME _____

CELL # _____

RELATIVE'S NAME _____

CELL # _____

IN CASE OF EMERGENCY DIAL 911